

2017 NGHS Girls and Boys Cross Country Schedule

as of August 1, 2017

DATE	EVENT	Where	
Saturday, August 12	Bulldog Dash (pre season)	North Gwinnett	Varsity and JV
REGULAR SEASON MEETS			
Saturday, August 19	Stage Races	River Green, Duluth	Varsity and JV
*Saturday, August 26	North Georgia Championships	East Jackson HS Lamar Murphy Park	Varsity and JV
Saturday, September 2	OFF		
^Saturday, September 9	Carrollton Orthopedic Inv.	Carrollton, GA	Varsity
Saturday, September 16	Gwinnett County	International Horse Park - Conyers YES	Varsity and JV
Saturday, September 23	Wingfoot XC Classic	Cartersville, GA	Varsity and JV
Saturday, September 30	OFF		
*Saturday, October 7	**Disney Cross Country Classic	Orlando, FL	Varsity and JV
Saturday, October 14	Coach Wood Invitational	Gainesville, GA	Varsity and JV
Saturday, October 21	Area 4 (Regions 7 & 8) Championship	Conyers Horse Park	Varsity and JV
^Saturday, October 28	FAST PACE RACE (post season)	Cumming, GA	
Friday, November 3	**State Championships	Carrollton, GA	Varsity

**Overnight trips

^ACT date (September 9, October 28, December 9....more in 2nd semester)

*SAT dates (August 26, October 7, November 4, December 2....more in 2nd semester)

Varsity runners are expected to take the ACT or SAT on dates that we do not have varsity meets.

Meets and number of runners are subject to change from week-to-week depending on what the coaching staff feels is best for the teams. **There will be several instances when varsity runners will not run in every varsity race to keep everyone fresh and give everyone opportunities to compete at the highest level.** JV is only allowed 7 races, including region. Varsity is allowed 10 races.

Runners who get invited to overnight trips will be responsible for splitting a hotel room (4 runners per room, so it is fairly cheap) and dinner.

Itineraries for each race, including time of the race, time of departure, cost, what to bring, etc...will be emailed and posted on the website.